

Executive Summary of Results

Health Status

- In 2000, 90.5 percent (95% CI, 89% - 92%) of the Lancaster residents considered their overall general health from good to excellent. However, 9.5 percent (95% CI, 8%-11%) in the same year rated their general health as fair or poor. The trend in the proportion of respondents who rated good to excellent health remained about the same in the past seven years.
- An average of 2.7 days (95% CI, 2.29 - 3.03) in the previous month, the respondents felt their physical health was not good. Respondents also reported an average of two days (95% CI, 1.69-2.31) in the past month prior to the survey that they did not have good mental health.
- Poor physical and mental health restricted participation in their day-to-day activities on an average of 3 days (95% CI, 2.6 - 3.6) in the month prior to the survey.

Access to Health Care

- At the time of survey, 8.8 percent (95% CI, 2.3% - 10.3%) of adult Lancaster residents reported not having any kind of health care coverage. The proportion of uninsured residents remained stable since 1996.
- Five percent (95% CI, 3.8% - 6.2%) of respondents reported that they could not see a doctor in the past twelve months when they needed to because of the potential cost of care.
- Countywide in 2000, an estimated 81.4 percent (95% CI, 79.3% - 83.5%) of Lancaster adults had received a routine checkup within the past two years.

Cigarette Smoking

- Out of Lancaster residents aged 18 years and older, 39.7 percent (95% CI, 37.12% - 42.28%) had smoked at least 100 cigarettes in their entire life. The prevalence rate of current smokers was 22.4 percent in 1993-1995, 23 percent in 1996-1998 and 24 percent in 1999. Respondents of current-smoker category smoked an average of 16 cigarettes (95% CI, 15 -17) a day.
- In 1993-1995 and 1996-1998, 7.5 percent (95% CI, 4.5% - 10.5%) and 3.6 percent (95% CI, 2% - 5.2%) of the Lancaster adults reported smokeless tobacco use respectively.

Alcohol

- Self-reported problems with alcohol drinking have declined in Lancaster County. In 1999, 18.6 percent (95% CI, 16.2% - 21%) of adults reported “binge drinking,” which was lower than the rates for 1993-1995 (22.9%) and 1996-1998 (22.6%). More men than women engage in binge drinking across the survey years (31.90% versus 12.6 percent in 1993-1995, 29.6 percent versus 15.7 percent in 1996-1998, and 25.5% versus 11.3 percent in 1999).

- In 1999, 4.8 percent (95% CI, 3.4%- 6.2%) BRFSS adults reported chronic heavy drinking, and 4.9 percent (95% CI, 3.5% - 6.3%) acknowledged driving after too much drinking during the past month.

High Blood Pressure

- The prevalence of hypertension among adults has not changed significantly in Lancaster County since 1993. Approximately 19 percent (95% CI, 16.5%-21.5%) of respondents in 1999 reported that they had been told that they had high blood pressure.
- In 1999, 4.7 percent (95% CI, 3.4%- 6%) of respondents had not had their blood pressure checked in the past two years, indicating an approximate 3 percent drop in the overall prevalence from 1993-1995 (7.9%).

Blood Cholesterol Level

- High blood cholesterol, like hypertension, is a self-modifiable risk factor for cardiovascular disease. In 1999, six of every ten adults (64.20 %, 95% CI, 61.2% - 67.2%) had ever had their cholesterol checked, and 90.7 percent (95% CI, 88.5% - 92.9%) of those who ever had it tested had their cholesterol checked within the past five years.
- Among those tested, 22.1 percent (95% CI, 19.1% - 25.1%) were told by a health professional that their blood cholesterol was high. Prevalence of high blood cholesterol level in adults has declined considerably in Lancaster County since 1993 (30 % in 1993-1995 versus 22.1 % in 1999).

Diabetes

- In 2000, 4.2 percent (95% CI, 3.2%-5.2%) of the respondents identified themselves as diabetic. Women with gestational diabetes were not included in the analysis. The rate remained fairly stable over the years (4.6% in 1993-1995, 5% in 1996-1998 and 4.2% in 1999).

Immunization

- Immunization is one of the essential elements of preventive care. This is especially true for the elderly. Influenza shots are recommended annually for people over 65 and for those with chronic diseases. Among adults aged 65 years and older, 70 Percent (95% CI, 65% - 75%) had a flu shots in the year 2000. The prevalence of flu shots among the same age group was 67.40 percent in 1993-1995, 71.6 percent in 1996-1998 and 71percent in 1999 -- indicating stable vaccination coverage.
- The proportion of Lancaster County residents of age 65 years and older who received pneumonia vaccinations almost doubled from 1993-1995 to 2000 (28.9% to 58% in 2000, 95% CI, 52.56% - 63.43%).

Colorectal Cancer Screening

- The American Cancer Society recommends a digital rectal exam annually after age 40, a fecal occult blood test annually after age 50, and proctoscopy every 3-5 years after age 50. Forty percent (95% CI, 35.1% - 44.9%) of Lancaster adults aged 50 or more indicated in the 1999 survey that they had ever had a sigmoidoscopy or a colonoscopy. This rate was consistent over the past seven years (42.4% in 1993-1995 and 38.9% in 1996-1998) for the same age group.
- Among respondents of the same age group, 47.1 percent (95% CI, 42.07% - 52.12%) in 1999 and 37 percent in 1996-1998 reported ever having a blood stool test using a home kit.

Women's Health

- The proportion of women aged 40 years and over who ever had a mammogram has increased gradually from 79 percent in 1993-1995 to 84.1 percent in 2000 (95% CI, 80.9% - 87.3%). More than 87 percent (95% CI, 84.6% - 90.6%) of the respondents of the same age group reported in 2000 that they had had a mammogram within the past two years.
- Eight out of every ten (81.7 %, 95% CI, 79% - 84.4%) adult women, aged 18 and beyond, have ever had a clinical breast exam (CBE). The prevalence of ever having a CEB appeared to have declined slightly in 2000 after remaining somewhat stable over the previous seven years. Among women who had these exams, 91.7 percent (95% CI, 89.6% - 93.8%) reported to have it done with in the past two years.
- Most women aged 18 and over (85.9 %, 95% CI, 83.5% - 88.3%) informed that they had a Pap smear test, and 87.5 percent (95% CI, 85% - 90%) had the test with in the past two years.

AIDS/HIV knowledge/ Attitude

- The majority of the Lancaster County residents (aged 18 to 64) would encourage their sexually active teenager to use a condom (84 % in 2000, 95% CI, 81.8% - 84.02%). The proportion of respondents who would encourage condom use remained fairly stable since 1993 (87% in 1993-1995, 85.9% in 1996-1998 and 83.8% in 1999).
- In 2000, 75.7 percent (95% CI, 73.1% - 78.3%) of respondents believed that if they had a school-going children, he or she should begin receiving education on HIV infection and AIDS at or below the 6th grade level.
- Three out of ten BRFSS respondents in the County (29.10%, 95% CI, 26.4% - 31.8%) aged 18 to 64 said their blood had been tested for HIV infection. Nearly 24% (23.8 percent) of these respondents had the test just to find out if they were infected; 13.6 percent had it done for routine check-up. In the majority of these cases (43.6%), private doctor's offices were the sites performing the most recent HIV blood test.
- In 2000, when asked about their perception of contracting HIV infection, 4.8 percent of the same respondent group indicated their risk as "high" or "medium."

Overweight

- The proportion of overweight persons has increased substantially during the past seven years in Lancaster County. Based on self-reported weight and height, 39.5 percent (95% CI, 36.9% - 42.1%) of the BRFSS respondents were categorized as overweight in 2000 which depicts a demonstrable upward trend since 1993-1995 (33.5%).

Weight control

- Although U.S. consumers spend more and more money each year for weight loss products and services, the number of overweight and obese individuals continues to rise. One-third (33.4%, 95% CI, 30.9% - 35.9%) of Lancaster adults at the time of the survey in 2000 reported that they were trying to lose weight. Rates have not changed significantly from the reports of previous years (36 % in 1993-1995, 33.7% in 1996-1998).
- Overall, 38.3 percent (95% CI, 35%-41.6%) of adults in 2000 were eating fewer calories and lower fat meals in order to lose or maintain their weight.

Physical Activity Levels

- Approximately 30 percent (29.8%, 95% CI, 27.4% - 32.2%) of adults surveyed in 2000 stated they had not participated in any kind of physical activity during the past month. An upward trend was observed in physical inactivity among the Lancaster residents from 1996 to 1998.
- Among those who reported having physical activity, one-third reported that they spent most of their time walking during the past month as their physical activity or exercise whereas 6.9 percent spent time running and two percent jogging.

Fruits and Vegetable consumption

- The prevalence of people consuming 5 or more servings of fruits and vegetable a day in the Lancaster County increased from 20 percent (95% CI, 15% - 25%) in 1993-1995 to 30.7 percent (95% CI, 28.3% - 33.1%) in 2000.

Table I: Survey Sample Size by Demographic Characteristics

Survey Year	1993-1995	1996-1998	1999	2000
Total Sample size	751	1037	955	1379
Gender				
Male	309	410	372	598
Female	442	627	583	781
Race/Ethnicity				
White	712	981	898	1290
Non-White	37	51	50	77
Age in Years				
18-24	100	136	107	172
25-34	179	203	193	253
35-44	162	222	184	266
45-54	111	175	155	233
55-64	67	88	103	138
65-74	73	108	107	169
75+	59	105	106	148
Education				
Some HS or Less	50	56	52	54
HS Grad or GED	226	312	260	468
Some College	227	328	308	410
College Grad	247	338	331	440
Annual Household Income				
Less than \$10,000	74	53	47	46
\$10,000 - \$15,000	69	68	43	49
\$15,000 - \$20,000	77	92	71	78
\$20,000 - \$25,000	65	110	77	125
\$25,000 - \$35,000	121	134	126	198
\$35,000 - \$50,000	127	217	138	213
\$50,000 +	144	223	253	340

* Excludes "Don't know", "Refused"

Table II: Survey Sample size by year and sample percentage by
Demographic variable*

Survey Year	1993-1995	1996-1998	1999	2000
Total number of Sample size	751	1037	955	1379
Gender				
Male	52.5	51.7	51.5	49.6
Female	47.5	48.3	48.5	50.4
Race/Ethnicity				
White	94.4	94.2	94.1	94.5
Non-White	5.1	5.8	5.9	5.5
Age in Years				
18-24	21	21.3	21.8	20.2
25-34	23.6	22.1	21.2	20
35-44	19.4	20	20.2	19.8
45-54	12.4	13.3	13.6	17.1
55-64	9.4	9.2	9.3	9.3
65-74	7	6.8	6.7	7
75+	7.2	7.2	7.3	6.7
Education				
Some HS or Less	6.7	5.1	5.2	3.5
HS Grade or GED	28.8	27.7	26.5	33
Some College	32.7	35	33.6	32
College Grade	31.8	32.1	34.4	31.6
Annual Household Income				
Less than \$10,000	9.7	5.2	5.4	3.6
\$10,000 - \$15,000	8.5	6.3	4.1	4.7
\$15,000 - \$20,000	9.7	8.1	7.1	6.1
\$20,000 - \$25,000	7.9	9.8	8.2	10.5
\$25,000 - \$35,000	15.5	13.3	13.9	17.4
\$35,000 - \$50,000	17.6	21.2	15.3	21.1
\$50,000+	16.3	22.4	23	28.6

* Weighted percentage of total sample.